

## **California Department of Aging**

### **Disease Prevention and Health Promotion Program Narrative**

#### **Older Americans Act Title IIID**

##### **Program / Element / Component – 30.10**

##### **Description**

The Disease Prevention and Health Promotion Program (Title IIID) is designed to strengthen preventive health services and health promotion systems. Title IIID supports programs to help older adults prevent and manage chronic diseases. Although illness and disability rates increase with age, a large body of research demonstrates that health promotion and disease prevention activities can help ensure healthy and independent lives for older individuals.

Health promotion programs include health screening, medication management, education, counseling and other activities that promote physical fitness, falls prevention, and emotional well-being. Services are directed to prevent and mitigate the consequences of chronic diseases in participants with an emphasis on evidence-based health promotion programs.

Program services are offered in multipurpose senior centers, at congregate nutrition sites, through home-delivered meals programs, and other appropriate locations.

##### **Benefits**

The Disease Prevention and Health Promotion Program benefits healthy aging. Healthy aging is the development and maintenance of optimal physical, mental, and social well-being, and function in older adults. An active healthy lifestyle is a key component to successful aging and can help even frail older adults to prolong their independence and improve their quality of life. Title IIID medication management services provide medication screening and education to individuals and/or their caregivers to prevent incorrect medication and adverse drug reactions.

## Eligibility

<i>Income</i>	No requirement
<i>Age</i>	60 and older.
<i>Other</i>	Although the Program does not have income requirements, the Older Americans Act (OAA) emphasizes serving individuals in greatest economic or social need, individuals living in rural areas, those who reside in a medically underserved area of the region, and individuals who have chronic medical conditions that can improve with education and non-medical intervention.

## Access

Information on the Title IID Program and how to receive services is available through the statewide toll-free Senior Information Line at **1-800-510-2020** and the California Department of Aging website at [www.aging.ca.gov](http://www.aging.ca.gov).

## Current State Fiscal Year Funding Information (2010-11)

<i>Source</i>	OAA federal funds, local funds, in-kind contributions.  The 2008-09 Budget Act eliminated General Fund support for this program.
<i>Allocation Formula</i>	Intrastate Funding Formula.
<i>Match Requirements</i>	10 percent local funding.
<i>Other Funding Information</i>	AAAs must meet funding requirements for medication management services.
<i>Funding Cycle</i>	July 1 – June 30